

Sample TARGETED Health Risk Profile (LF)

Name: _____ DOB/Age: _____ / _____ Male __ Female __ MR # or SS #: _____
 Ethnicity: __ White (not of Hispanic origin) __ Hispanic __ African American (not of Hispanic origin) __ Native American __ Asian/Pacific Islander __ Other: _____

Targeted HRP-LF (long form): Annual Assessment and Preventive Health Care Plan

At Risk?	Annual Assessment of Risk Factors	Ed. T
Y N	1. Weight ___ Above healthy weight range for height, or ___ BMI greater than 25.	
Y N	2. Blood Pressure ___ BP \$139/89 or ___ moderate to extreme obesity. ___ Reports little/or no regular, moderate exercise (30 minutes/most days of the week). ___ Personal or ___ first degree family history of high blood pressure.	
Y N	3. Cholesterol (NCEP) ___ Over age 20 and >5 years since last normal, or ___ >1 year since last TC >200mg/dL, or ___ never done. ___ Has two or more of the following risks for heart disease: [] High blood pressure or taking BP medications [] Diabetes [] HDL <35 mg/dl [] Tobacco smoker [] Male =>45 y/o or [] Female =>55 y/o [] 1st degree family history of premature heart disease/attack	
Y N	4. Tobacco Use ___ Currently uses tobacco or ___ used in past. Type: [] Cigarettes [] Cigar or pipe [] Smokeless tobacco Amount: _____ Years of use: _____	
Y N	5. Diabetes (ADA) ___ Age 45 or older or ___ overweight or ___ HDL <35mg/dL and/or ___ Triglyceride >250mg/dL or ___ HTN. ___ Personal history of diabetes or ___ first degree relative has/had diabetes. ___ History of diabetes when pregnant or infant weighing 9 pounds or more at birth. ___ High-risk ethnicity (African/Native American, Hispanic).	
Y N	6. Vaccine Preventable Disease (USPSTF) ___ Immunizations are not up to date: [] Td -10 yrs since last Td or date unknown [] Rubella -Female of child-bearing age w/ no evidence of immunity [] Influenza -65 y/o or has diabetes, heart/lung disease and no vaccine (flu season) [] Pneumonia -65 y/o or has diabetes, heart/lung disease and no vaccine [] Hepatitis B -Member of a high risk group, or young adult and not previously immunized	
Y N	7. Cancer (ACS) <u>Colorectal Cancer</u> ___ Age 50 or older and >5 years since last sigmoidoscopy, or ___ Age 50 or older and > 1 year since last fecal occult blood test (FOBT). ___ Age >35 and >5 yrs since last colonoscopy, and ___ 1st degree family history of colorectal cancer at age 55 or <, and/or ___ personal history of inflammatory bowel disease.	
Y N	<u>Prostate Cancer</u> (male) ___ Age 50 or older and > one year since last digital rectal exam (DRE) and Prostate-Specific Antigen (PSA). ___ Under age 50 and one year or > since last DRE and PSA and has one of the following risk factors: [] African American [] Family history of prostate cancer	
Y N	<u>Clinical Breast Exam</u> (CBE, female) ___ 20-39 years old and 3 years since last CBE, or ___ 40 years old or over and one year or > since last CBE.	
Y N	<u>Mammogram</u> (female) ___ Age 40 and over, and >1year since last mammogram.	
Y N	<u>Pap Smear</u> (female) ___ Age >18, 1 yr since Pap test (after 3 consecutive “normal” exams, may be performed less often if low risk).	

Completed by: _____ Date: _____ Reviewed by clinician: _____ Date: _____

